

2001 California Children's Healthy Eating and Exercise Practices Survey

**Table 62: Proportion of Children Who Believed Physical Activity Guideline
(Phone Sample)**

About how many minutes do you think you should exercise or be physically active each day for good health?

About how many ~~times~~ days each week ~~should~~ do you think you ~~should~~ exercise or be physically active by doing things like bicycling, dancing, or playing basketball for at least ~~30 minutes at a time~~ one hour?

	Believed 60+ Minutes of Moderate and Vigorous Physical Activity 7 Days a Week Is Needed, Percent of Children
	≥60
Total	21
Gender	
Males	25
Females	17
Ethnicity	
White	Insufficient sample size for analysis
African American	
Latino	
Asian/Other	
Income	
≤\$19,999	15
\$20,000 - \$49,999	22
≥\$50,000	21
Federal Poverty Level	
≤ 185%	20
> 185%	21
Food Stamps	
Yes	20
No	21
Overweight Status	
Not at Risk	20
At Risk/Overweight	21
Physical Activity	
≥60 minutes	19
<60 minutes	25
School Breakfast	
Yes	23
No	19
School Lunch	
Yes	33
No	20
Nutrition Lesson	
Yes	21
No	22
Exercise Lesson	
Yes	25 **
No	12

Excludes those reporting "don't know."

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

** p<.01